

The National Diabetes Education Program

The National Diabetes Education Program (NDEP) was launched in 1997 to improve diabetes management and thus reduce the morbidity and mortality from diabetes and its complications. Evidence from two major studies, completed in 1993 and 1998, proved conclusively that improved control of blood glucose levels can make a big difference in reducing complications associated with diabetes. These and other studies form the basis for NDEP and guide the program's efforts to translate current science into practice.



The NDEP is sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health (NIH) and the Division of Diabetes Translation of the Centers for Disease Control and Prevention (CDC). The program's goals and objectives support a major Federal Government public health initiative, Healthy People 2010, which has established health objectives for reducing the burden of diabetes in the first decade of the 21st century.

The program's sponsorship by two major health agencies of the Federal Government, NIH and CDC, provides a firm basis of credibility, commitment, resources, and links to state and local public health agencies nationwide. The participation of the full range of diabetes organizations, and the program's partnerships with 200 health professional, community, and consumer groups and private sector organizations, ensure broad and meaningful input in its design, effective implementation, wide dissemination of its messages, and continued growth.

The NDEP aims to change the way diabetes is treated—by the media, by the public, and by the health care system. Program audiences include:

- ▲ People with diabetes and their families, with special emphasis on racial/ethnic populations;
- ▲ Health care providers;
- ▲ Payers and purchasers of health care and health care system policy makers; and
- ▲ The general public, including the estimated 5.4 million people who have diabetes but are undiagnosed and people at risk for the disease.¹

In the past 3 years, NDEP program messages have reached more than 180 million people through nationwide campaigns and community activities. This report presents highlights of the program's accomplishments through 2000 and its priorities for the future.